We Claim:

1. A heat patch for providing therapy to a body, the heat patch comprising:

a reflective layer that reflects infrared energy emitted by the body back into the body; and

a heat source attached to said reflective layer to apply heat to the body.

2. The heat patch of claim 1 further comprising a controller connected to said heat source to control the heat generated by said heat source.

3. The heat patch of claim 1 wherein said reflective layer is aluminized polyester film.

4. The heat patch of claim 1 wherein said heat source includes a heating composition that is capable of generating heat when a gas is supplied to said heating composition.

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5. The heat patch of claim 4 further comprising a gas-permeable layer that is attached to said reflective layer to form an enclosure that contains said heating composition.

6. The heat patch of claim 5 wherein said heating composition generates heat which maintains the heat patch in a range of about 38 degrees centigrade to about 44 degrees centigrade when the heat patch is exposed to the gas.

7. The heat patch of claim 4 wherein said heating composition is any combination of iron powder, water, water-retaining agent, reaction promoter and salt.

8. A heat patch for providing therapy to a body, the heat patch comprising:

an enclosure that includes a gas-permeable layer and a reflective layer attached to said gas-permeable layer, said reflective layer being capable of reflecting infrared energy emitted by the body back into the body; and

a heating composition sealed inside said enclosure, said heating composition being capable of generating heat when a gas is received through said gas-permeable layer.

9. The heat patch of claim 8 wherein said gas-permeable layer includes at least one portion that is impermeable to gas.

10. The heat patch of claim 8 wherein said heating composition is capable of generating heat when ambient air is received through said gas-permeable layer.

11. The heat patch of claim 8 wherein said heating composition is any combination of iron powder, water, water-retaining agent, reaction promoter and salt.

12. The heat patch of claim 8 wherein said heating composition generates sufficient heat to maintain the heat patch at a temperature greater than body temperature.

13. The heat patch of claim 12 wherein said heating composition generates sufficient heat to maintain the heat patch in a range of about 38 degrees centigrade to about 44 degrees centigrade when the heat patch is exposed to the gas.

14. The heat patch of claim 8 wherein said reflective layer is aluminized polyester film.

15. The heat patch of claim 8 wherein said reflective layer is capable of reflecting infrared energy having wavelengths in a range of about 3 to 50 microns.

16. A method of providing therapy to a body, the method comprising:

applying heat to a portion of the body; and

reflecting infrared energy emitted by the body back into the portion of the body.

17. The method of claim 16 wherein applying heat to the portion of the body includes generating heat within a heat patch and applying the heat patch to the portion of the body.

18. The method of claim 17 wherein generating heat within the heat patch includes controlling the heat generated by the heat patch.

19. The method of claim 17 wherein generating heat within the heat patch includes delivering current through a resistive element.

20. The method of claim 17 wherein generating heat within the heat patch includes enabling an exothermic reaction within the heat patch.

21. The method of claim 20 wherein enabling an exothermic reaction within the heat patch includes exposing the heat patch to air.

22. The method of claim 16 wherein reflecting infrared energy includes reflecting infrared energy having wavelengths in a range of about 3 to 50 microns.

23. The method of claim 16 wherein reflecting infrared energy includes positioning a reflective layer on a heat patch near the portion of the body.

24. The method of claim 23 wherein positioning the reflective layer on the heat patch near the portion of the body includes attaching the reflective layer to the body.

25. A method of providing therapy to a body, the method comprising:

enabling an exothermic reaction within a heat patch to generate heat, the heat patch including an enclosure formed of a gas-permeable layer and a reflective layer;

applying the heat patch to a portion of the body; and

reflecting infrared energy emitted by the body back into the portion of the body using the reflective layer on the heat patch.

26. The method of claim 25 wherein enabling an exothermic reaction within the heat patch includes exposing the heat patch to air.

27. The method of claim 25 wherein enabling an exothermic reaction within the heat patch to generate heat includes maintaining the heat patch at a temperature in a range of about 38 degrees centigrade to about 44 degrees centigrade.

28. The method of claim 25 wherein reflecting infrared energy emitted by the body back into the portion of the body includes positioning the reflective layer on the heat patch near the portion of the body.

29. The method of claim 28 wherein positioning the reflective layer on the heat patch near the portion of the body includes attaching the reflective layer to the body.